

More than 68 Million Americans feel frustrated and stuck. It's time for a mindset makeover! I am a personal "brain trainer". I deliver 3 Power Tools to assist people in breaking free and living life in the "Rut Free" Zone.

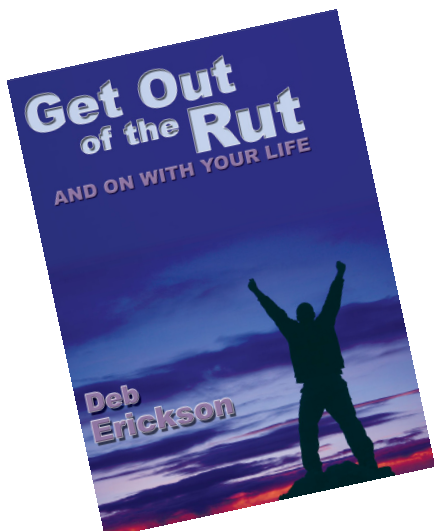


Deb Erickson
The RutBuster

Author
Speaker
Coach



After seven years in the public schools system as a teacher and coach, Deb hit the road and has spent 18 years as a platform speaker and empowerment coach helping people understand how to "retrain their brains" for success. Deb's book ***Get Out of the Rut and On With Your Life*** has inspired a national movement to bust free from the mental, emotional, physical, financial, romantic, and career RUTS that keep Americans stuck.



Eight RutBusting Story Ideas

Why willpower alone is never enough!
Why discipline isn't as important as you think

Is it ever a good idea to take off your gloves and end your fight with addiction?

Why successful people learn to embrace failure.
Neuroscience explains the critical role failure plays in the search for success

You could be trapped on a career treadmill and not even know it!
Three keys to stop the madness, get out of the rut and live the life of your dreams.

What makes "hype" sexy?
Learn three keys to train your brain for true success that most self-help gurus won't tell you.

The greatest tool ever invented to help you create long-lasting change is something you already own- your cell phone.
Learn how your phone can help you get your life off auto-pilot and on course for success.

Why neuroscience is the new frontier in finding and keeping the love of your life.

Handling major life changes without losing your cool or becoming frozen by fear.
Learn the ancient wisdom of busting through your fears without breaking a sweat.

Availability: Nationwide by arrangement

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